

Governors withhold payment

By Kim Loule

With an increased college enrolment and a decrease in government funding for education, Conestoga's board of governors is looking more critically at its expenses.

At the board's executive committee meeting Oct. 15, executive members chose to defer the payment of a share of Conestoga's operating grants to the Association of Colleges of Applied Arts and Technologies (ACAATO). Conestoga contributes 0.1 per cent of the grants to ACAATO.

Helena Webb, president's assistant, said the request would add up

to about a \$26,000 cost to Conestoga.

ACAATO requests a commitment from all Ontario colleges every year for use in system-wide projects and special initiatives, such as job evaluation audits and post-secondary enrolment studies.

After receiving the 1993-94 request for a contribution, Conestoga's executive committee decided to ask ACAATO for an expenditure budget of the requested funds and a prioritized project list.

Support for the committee's decision also came at the regular board of governors meeting Oct. 26,

where Conestoga president John Tibbits said he did not "like this 0.1 (per cent request) because it gives ACAATO a lot of flexibility. I have some questions on the number of projects and how the money is spent."

Tibbits said colleges should be more aware of how the funds given to ACAATO are spent. "It's a good idea to have this thing evaluated."

The decision will be reviewed after the executive committee receives the requested information from ACAATO.

Christopher Trump, executive director of ACAATO, was not available for comment.

Food, clothing drive set for Doon

By Zen Karp

Two first year graphics design students received awards for creating a logo for the clothing collection bins to be used as part of the month-long food and coat drive to be held throughout November.

Heidi Demandt and Jason Dasilva were each awarded a \$10 gift certificate from the Doon campus book store, two tickets for the Hallowe'en Pub provided by the Doon Student Association (DSA), and lunch vouchers for the cafeteria granted by Beaver Foods.

"We hope to use the logo design for the bins for the next two or three years at least, so that it becomes identifiable with the drive," said Carol Pease, physical resources staff member and head of the Doon Recycling Group.

Shirley Nequest, support staff member and head of the food drive, said that food collection bins also have a logo design, supplied by the Food Bank of Waterloo, which owns the bins.

Both Pease and Nequest were optimistic about the drive, and have set a new goal for collection of both food and clothing.

"What we want to achieve is an items-per-capita plan," Pease said.

"If we could get everyone to give one article of clothing and one pound of food, then we should be able to reach our new goal of matching the population of Doon, which is roughly 4,000 people."

The Zehr's grocery store located on the corner of Homer Watson

Boulevard and Pioneer Drive also offered to assist in the drive by providing two shopping carts, which Pease said will be used to patrol the main building to collect contributions.

Permanent collection sites for both food and clothing will be set up nine locations throughout the Doon campus for the duration of the drive.

The locations are: Doors #3,4,5, the bottom of the stairs in the main

cafeteria, the recreation centre, the student-client services building, employer services (former administration building), the woodworking centre, and the Detweiler Centre.

Pease said clothing collected will be handed over to the Multicultural Centre, Anselma House and the Bosnian Relief Fund.

All food collected will go to the Food Bank of Waterloo, Nequest said.

Environment week begins

By Zen Karp

Encouraging people to reduce, reuse and recycle at home, school and work is the purpose of Doon campus's environmental awareness week, said Carol Pease, physical resources staff member and head of the Doon Recycling Group.

Pease said from Nov. 9-13, displays will be set up by Door #3 of the main building "to demonstrate the different ways that people can practice the three R's (reduce, reuse, recycle)."

These displays will contain information in the form of brochures on various environmental concerns, examples of blue recycling boxes and totes (large recycling containers), and will point out the locations of recyclable drop-off areas throughout the Doon campus.

Pease said this "green corner" will also be a centre for collecting a variety of reuseable items for the

daycare centre in Doon's early childhood education building.

Children's books, plastic garbage bags, and materials that can be used for children's crafts such as egg cartons, Styrofoam meat trays, cardboard rolls, string, yarn, "and anything else along those lines people can think of would be helpful," Pease said, adding donators of such items are welcome to take some items if they need to, as well.

"If they give, they can take," she said.

According to Pease, this will be the first time Doon campus has ever had a designated environmental awareness week.

"We (Doon campus) haven't ever had an environmental awareness week, and I thought it was important we did to provide awareness for the college about what people can do to change their homes, learning and working places for the betterment of the environment."



The winner is...

Henry Fernandes, left, and Ed Lindsay, both third-year marketing students, proudly display their winning pumpkin in the Doon Student Association carving contest Oct. 30.

(Photo by Natasha Sweeney)

Tibbits addresses the DSA

By Kari-Ann Puckerling

Times and technologies are changing rapidly and the quality of education has become a concern for members of faculty, said Conestoga College President John Tibbits, at a Doon Student Association board of directors meeting Oct. 27, concerning the quality of education.

A general education review committee has prepared a document with recommendations on the subject of quality education. Each campus, Waterloo, Stratford, Guelph and Doon, have been asked to respond to the report.

"It is going to be a while before a decision is reached," said Tibbits.

"Employers are pleased with the

quality of our graduates," Tibbits said, but college graduates are sometimes competing with university graduates who have superior communications skills. "We would like to start from the needs of the employer, what the graduate will need to know, and what is needed to be provided here (at the college)."

He said the college does not want to turn out students who act like robots.

Employers wish graduates could read and write better and testing should be done to ensure they are at least at a certain level, he said. A revamped general education is intended to improve the calibre of graduates, he said.

Tibbits said student input is needed to determine whether instructors are doing a good job or not.

Winner announced in equity logo contest

By Sandra Schuett

A second-year Conestoga graphic design student was presented with a cheque for \$250 and a certificate Oct. 27 in recognition of his winning entry in a college logo design competition.

David James, of Kitchener, beat out 24 other submissions for the prize. The contest required students to design a logo for the college's employment equity department, which will be displayed on an employment equity census form to be distributed internally at the college and as a letterhead for the department.

Deborah Hill-Smith, employment equity consultant at Conestoga, said she "agonized" over deciding which of the top six entries would be the winner. Hill-Smith said her decision was based on how practical and identifiable the logo was.

Hill-Smith said she opened the contest a month ago and it took her two weeks to decide on the winner.

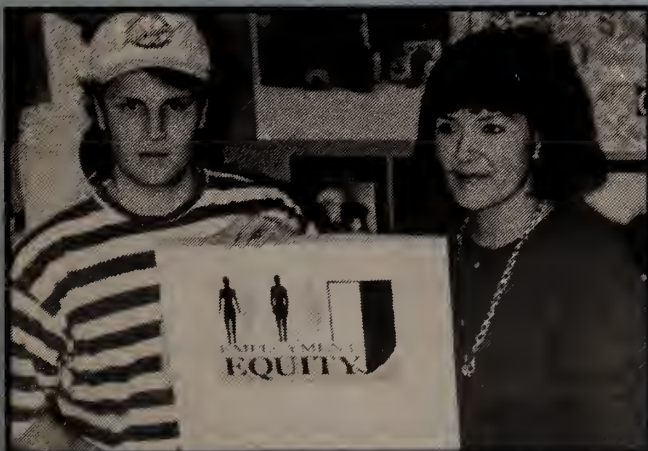
She said that it was the "professionalism" of James's submission that put it on top. "It was the one I just kept coming back to," she said.

His entry was selected from a group of six finalists, chosen by Hill-Smith.

"I didn't think I could win," said James, who won two other contests during his first year. "It was a total surprise." James said he had "a lot of trouble" starting out on the logo, and he used the two full weeks to complete it.

The logo depicts several indiscriminate figures blending into the Conestoga College shield, in grey, black and white, which James said was his way of not emphasizing minorities.

"My main objective was to show people," James said.



Logo contest winner David James, left, and Deborah Hill-Smith.

(Photo by Sandra Schuett)

SPOKE

Editor: Kim Louie
Copy Editor: David Maybury
Sports Editor: Stephen Ross
Production Manager: Kari-Ann Puckering
Advertising Manager: Natasha Sweeney
Circulation Manager: Lori Liphard
Faculty Supervisors: Jerry Frank, Andrew Jankowski

Spoke is published and produced by the journalism-print students of Conestoga College. Spoke is mainly funded from September to May by the DSA. The views and opinions expressed in this newspaper do not necessarily reflect the views of the college or the DSA. Advertisers in Spoke are not endorsed by the DSA unless their advertisements contain the DSA logo. Spoke shall not be liable for damages arising out of errors in advertising beyond the amount paid for the space.

Spoke, Conestoga College,
299 Doon Valley Dr., Room 4B15
Kitchener, Ontario, N2G 4M4

Editor gains confidence before entering real world



By Heather Ibbotson

I am preparing to once again enter "the real world" — which, to the surprise of some, I have already lived in for more than 30 years.

During that time, I have worked with a wide variety of people in a variety of jobs. During high school and university, I toiled as a farm laborer, not afraid to get my fingers dirty while working in tobacco harvest. I also worked in an art gallery, the sales office of a high-tech manufacturer and as an accountant for a firm of six lawyers.

Despite the security this last position afforded me, I decided to quit to return to school to pursue a career in journalism.

Looking back, I believe this was one of the best decisions I ever made.

I have enjoyed my 14 months here immensely, and feel, as do my classmates whom I proudly call friends, somewhat melancholy at the prospect of leaving.

Earning the privilege of being editor of the college newspaper has given me renewed confidence that I can tackle any job set before me and do it well.

Perhaps one of the best things I accomplished was to encourage people to read Spoke. By doing so, through some apparently controversial editorials and columns, I believe the school newspaper has gained a new measure of respect and has attracted a larger readership among students, faculty and staff.

Newspapers serve mainly as vehicles to disseminate news.

But they also act as a way of opening readers' eyes to new ideas and to the thoughts and opinions of others around them.

Some people develop their views of the world through their own experiences, education and critical thinking while others blindly follow the ideological stance of those whose mouths are louder than their own.

When someone has the guts to make a written stance on an issue, even when the viewpoint is contrary to current fad or fashion, it is a victory for the reader.

It is just as important for people to be exposed to a variety of ideas as it is for them to realize that many people have ideas drastically different to theirs.

All viewpoints are valid, whether or not they conform to the politically-correct notions of the day. A true democracy accepts and encourages a variety of diverse philosophies. People who wish to deny others the right to a personal opinion that disagrees with their own are no more than petty tyrants. Their manic insistence that only their opinions are valid constitutes an abrogation of everyone's right to free speech.

Journalists know or should know, perhaps better than anyone, how important this right is and part of their job is to promote a variety of ideas.

As editor, I have been and seen the results of such work, and have found that the ability to stand up under fire and hold one's ground amidst a whirlpool of discontent strengthens character.

I feel that now I am prepared to enter the trenches of the "real world" and I have no doubts that even if I lose the occasional battle, I will still end up winning the war.

OPINION



Constitutional referendum leaves Canadians bitter and divided



By Troy Bridgeman

The Oct. 26 referendum meant a lot of things to a lot of people. It was no surprise that every interest group and political party in Canada would interpret the results of the balloting and use them to back up their predictions and agendas.

The London Times reported, Oct. 27, that the constitutional crisis has left Canadians "bitter, divided and bored."

Ovide Mercredi and Ron George of the Assembly of First Nations, described the overwhelming no vote as a betrayal of native people.

Mercredi said Canada "blew it" by supporting the status quo and he and his people will now pursue aboriginal self-government as set out in established treaties at the international table (ie. the United Na-

tions).

George predicted violent confrontations, similar to Oka, between whites and native people.

Jacques Parizeau, leader of the Parti Quebecois, said the defeat of the accord "helps the cause of sovereignty" because it is obvious English Canada has "once again" rejected Quebec.

The problem with these arguments is obvious. Had English Canada voted unanimously in support of the accord the "no" majority in Quebec, not to mention a substantial rejection of the accord by aboriginals, would have killed the deal anyway.

Quebec premier, Robert Bourassa, said "Nobody won or lost." So, \$145 million later, what exactly has happened?

The economic disaster predicted by "yes" supporters, if the deal failed, didn't happen. In fact, interest rates dropped and the Canadian dollar strengthened.

Other than that, everything pretty

much stayed the same.

Some analysts say the "no" majority was more a non-confidence vote against Mulroney as prime minister and a statement of disillusionment for politicians in general.

Many harbored a suspicious fear when all the premiers and the prime minister agreed on the deal.

Most involved in drafting the deal have agreed to shelve the constitutional talks until after the next federal election and concentrate on the economy.

As for the Charlottetown Accord, the Canadian people have uttered a democratic and resounding "no."

The referendum was democracy in action, so whatever the long-term implications, if any, we as a country will be responsible.

Accusations of rejection may be extreme. Perhaps Canadians should be given the benefit of the doubt. Maybe the only rejecting going on was simply a rejection of what the majority believed to be a bad deal.

Baseball bottom line is big bucks



By Stephen Ross

The World Series, in all its glory, came to Canada and when it was over the prize remained in Canada as Toronto was crowned the World Champions of baseball

for 1992.

From a flag that turned a nation upside down to a tomahawk chop that lost its bite at the end, the World Series meant different things to different people.

To Blue Jay fans, it meant a chance to show the American public that baseball is indeed an international affair, not confined to the grasp of Americana.

To the fans, it also meant being rewarded for supporting a team through its struggling expansion years to the 10 straight winning seasons, culminating in the ultimate baseball triumph.

To the players, who had come so close in seasons past just to lose the important games, it meant an end to

being the bridesmaid and finally basking in the glory.

When the parade was over, the spectators exited SkyDome after revelling in the final taste of World Series fever. Then reality set in and the business aspect of this child's game came into full effect.

For the team that Pat Borders built is no more. In his drive to put together The Team, the Blue Jays' salary budget skyrocketed to \$48 million, placing them third in the majors.

Some players, who gave their all and had just finished celebrating with the fans and fellow teammates, were told "thanks for coming out, maybe we'll see you later."

Dave Winfield, the man who gave 100 per cent every time out there and smashed countless records during the season at the age of 41, was released and has declared free agency.

Candy Maldonado, who was written off as being second-string behind the heir apparent in right field, Derek Bell, only to be thrust in the starter's role because of a knee injury to Bell, played well over the

course of the season and hit a game-winning homer in the Series. He too is no longer on the team and will try the free agent market.

Two pitchers, who have been with the organization since their playing days, were also released by Gillick last week.

Left-hander, Jimmy Key, threw well in his starts, saving his best outings for the play, but he may no longer be a Jay.

The same is true for Dave Steib, the only Blue Jay pitcher to throw a no-hitter after coming close on three other occasions and the only player to sign a life-time contract with the team, who had his contract bought out for \$1 million.

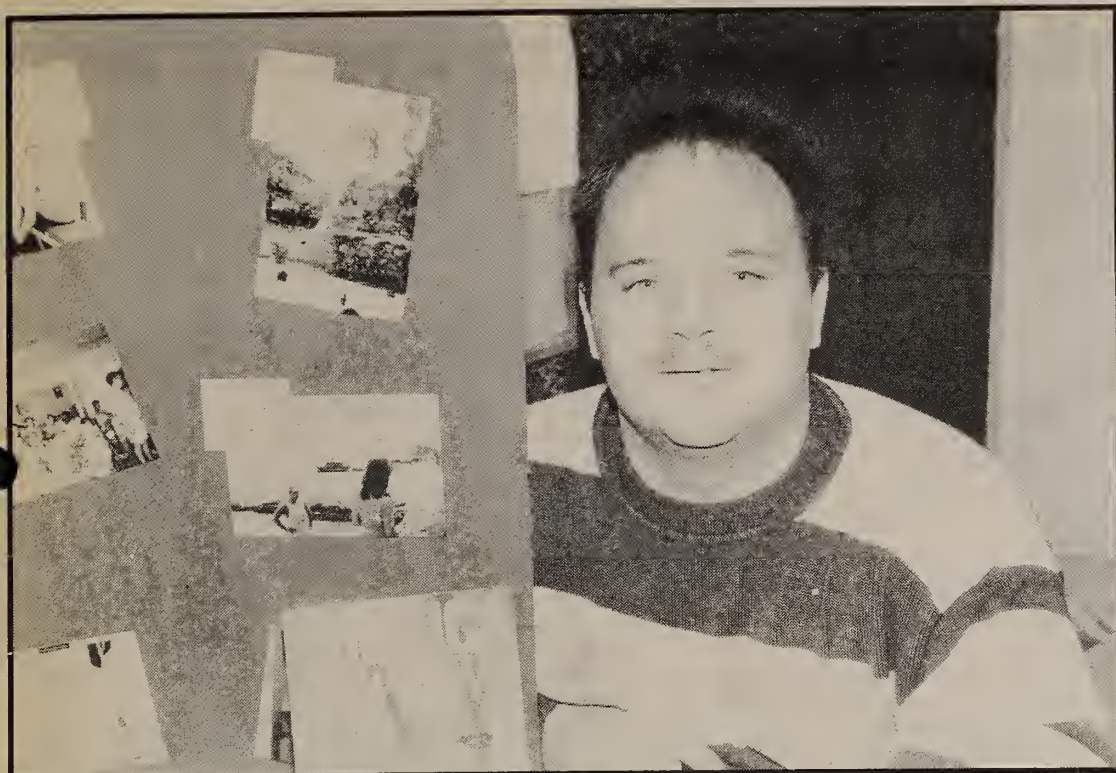
Sports seems to be governed along the same lines as business principles, which seems to say "if you get too expensive, we'll cut our losses regardless of performance or dedication." The World Series generated millions of dollars for the owners and about \$120,000 for each player of the divisional winners.

Still, the bottom line in sport is the almighty dollar.

Letters to the editor

Spoke welcomes all letters to the editor. If you have a beef, or an opinion, please send it in. Spoke reserves the right to edit letters to fit space, and to remove any libellous statements. Your letter must be signed, and include your program and year for verification. Send letters to the Spoke office, room 4B15, Doon campus.

Spoke, Conestoga College
299 Doon Valley Dr., Room 4B15
Kitchener Ontario, N2G 4M4
Telephone: 748-5366



Todd Kirlik, sales and marketing manager for Adanac Tours, promotes spring-break trips to Daytona Beach and Jamaica, Oct. 29. at Doon campus.

(photo by Natasha Sweeney)

March Break trips offered to Daytona Beach and Jamaica

By Natasha Sweeney

A representative for Adanac Tours was at Doon campus Oct. 27 to promote spring-break trips to Daytona Beach and Jamaica.

Todd Kirlik, sales and marketing manager for Adanac Tours said the trip to Daytona Beach is for the "budget minded traveller."

Daytona is "inexpensive and relatively hot," said Kirlik.

Starting rates for Daytona Beach are \$189 per person for five people sharing a hotel room.

The cost includes accommodation, transportation, special events and a discount coupon book.

On top of the \$189 starting rate, there is a \$42 charge for taxes and services, totaling \$231.

The trip to Jamaica starts at \$479 with four people sharing

accommodations.

The package includes airfare, accommodation and side tours.

Not included in the starting rate of \$479 is a \$150 tax and service charge and a \$29 security tax fee.

The cost rises if there are less than five people sharing accommodations. The least expensive fare to Jamaica totals \$658.

Kirlik said that Jamaica could cost, "about \$900 with spending money included."

"Jamaica is more for the person who wants to go the Caribbean," said Kirlik, who expects about 50 people for Jamaica and 100 people for Daytona Beach.

The spring-break trip is offered province-wide at most colleges or universities, said Kirlik.

Last years March Break trip almost fell through after the scheduled trip to Cancun, Mexico, was

cancelled when Action Holidays closed.

Adanac Tours covered the costs of the trip, but to Puerto Vallarta, Mexico, instead and later "got the money back through insurance," said Kirlik.

Across Ontario, 1,500 trips are expected to be sold to Jamaica, said Kirlik. He said the number going to Daytona Beach could vary drastically. "You never know the numbers to Daytona."

Kirlik said he is expecting two bus loads from Conestoga for Daytona Beach.

A deposit of \$75 is due in the middle of November or the whole amount can be paid in full. The remaining amount is due 45 days prior to departure.

More information on these trips is available at the Doon Student Association office.

LETTER TO THE EDITOR

Magic Johnson defended

To the editor:

The next time Neil Wells decides to write an article you should check his statements (ie. Taking the Magic out of basketball).

I found Wells's statements about Magic Johnson very ill reputed and poorly worded. I was very annoyed by these statements as were other basketball fans.

Johnson is not trying to make a statement by playing this season. He's playing because he loves the game.

He knows the effect HIV has, and he has shortened his schedule to just home games, west coast trips and no back-to-back

games.

Johnson was also not re-signed to the Lakers.

The Lakers merely gave him a contract extension for one additional year when the initial contract ends. This payment of \$14.6 million will not make him the highest paid as New York Knicks' centre Patrick Ewing will receive \$18.5 million in his last year.

We should watch Magic not for his bravery, but for his beauty and skill in the game he excels at...life!

Colin Brackenridge,
Law and security
administration, Year 1

DSA seeks summer helper

By Neil Wells

Members of the Doon Student Association (DSA) executive say they need help this summer.

Kim Arnold, DSA treasurer, presented a proposal during the Oct. 28 DSA executive meeting, whereby an additional employee would be hired to look after any responsibilities currently being neglected by the DSA executive. Becky Boertien, DSA activities co-ordinator, said the position would not be needed if DSA executives fulfilled their 20-hour per week commitment during the summer.

The proposal suggests the candidates for the position could be either

the president of the DSA, Todd Sutherland, (who receives a \$1,450 per year honorarium) or DSA vice-president of communications, Mark Weicker, (who receives a \$950 per year honorarium).

If Sutherland or Weicker were to accept the position, they would receive an additional \$2995.20 for the extra duties.

The person hired for the position would be responsible for various duties around the DSA office, including any cheque signing, question answering or personnel problems.

The proposal for the position has not been approved by the DSA board of directors at this time.

March Break Trip information

Available at the DSA Activities Office

Deposits Due: November 27, 1992

Jamaica \$150.00

Daytona \$75.00

For more information see Becky at the DSA Activities Office

Earn \$2,000 + Free Spring Break Trips
North America's #1 Student Tour operator seeking motivated students, organizations, fraternities and sororities as campus representatives promoting Cancun or Daytona Beach!
Call 1-800-265-1799



Anniversary Sale

Mugs, Orientation Kits and T-Shirts

Kits \$17.00

T-Shirts \$9.00

Mugs \$3.75

Get yours today at the DSA Activities Office.



DSA Family Christmas

Sunday, November 29



Skating, Treats for the Children, A Visit from SANTA, and much, much, more...

More information available at the DSA Activities Office.

GREEN CORNER

**Environmental Awareness Week
November 9 to 13**

Look for information displays at Door # 3 and 4

Drop off your recyclables at Door # 3 and 4 and main cafeteria (egg cartons, plastic grocery bags, toilet paper rolls, margarine containers)

Pitch in to protect your environment



RNA grads leave college with fond memories

By Lori Liphard

February-intake nursing students at Conestoga College Doon campus graduated Oct. 30, at an awards and pinning ceremony held in the Blue Room.

Nancy Hacking, chair of certificate programs for the School of Health Sciences, said the ceremony gives special recognition to students who have achieved awards. The students also receive their Conestoga College certificate.

Bill Jeffrey, dean of the School of Health Sciences, said nursing assistant students, upon graduation, will put into practise the skills they have learned, which will allow them to work in the changing health-care system. "There is no doubt that there is an important role for nursing assistants," he said.

In a later interview with Jeffrey, he said he hopes all the students will find jobs. "This is just a beginning for them," he said. Jeffrey said those looking for jobs will require time and patience.

Debra Clutterbuck, who received an award from Lapointe-Fisher Nursing Home, said she already has an interview scheduled with the Victorian Order of Nurses (V.O.N.) next week.

Clutterbuck said she liked having the graduation ceremony at the end of October, rather than waiting for her certificate until June convocation. Recently, the November convocation was cancelled.

Clutterbuck said she may not know where she will be

working in June and would be concerned of the possibility of not being able to come back to attend June convocation.

While Clutterbuck enjoyed the program, she said, "When they say it's a lot of hard work, it is."

It was a pleasure for Mary Wright, alumni officer at Doon, to introduce the graduates as the newest members to the Alumni Association.

"Our graduates are well thought of in the community in which they work and live and that is not only here provincially, but nationally and indeed worldwide," she said.

As the graduates venture into their new career, Wright encouraged them to maintain their ties with the college and to be active members of the Alumni Association.

Nancy Hacking, chair of certificate programs, said "education is the beginning, not the end." There is a lot to learn still because "technology changes so rapidly in the health-care field. We expect to see new role demands for them," Hacking said.



Susan Rueckwald

Jocelyn Adams, a graduate, said the ceremony "was wonderful."

"It was nice to see such a showing of family and friends. It really make it (the ceremony) special," Adams said.

Adams said she has not started looking for a job yet, but will begin to look soon. She is also planning to come back to the June convocation.

Susan Rueckwald, valedictorian, reminisced about memorable experiences the nursing assistant students share.

Rueckwald said to the audience that she is sure there is one patient "who will never forget the day it took four students to put her brassiere on."

She also reminisced about "marathon Mondays," when the semester two students had six hours of nursing theory. "Who can talk for that long?" Rueckwald joked.

In a later interview with Jeffrey, he said the ceremony was nice for the graduates "to have the whole package (pins, awards and certificates). I hope that they do come back (to June convocation)," he said.

Jeffrey, who has mixed feelings about the change of the convocation date, said in no way was the pinning ceremony meant to replace June convocation.

But he said separate ceremonies, like the pinning ceremony, may take away from the large college community at the June convocation.

Jeffrey said many employers will be asking for the student's certificates and "it's inevitable that they (the graduates) have to have them (the certificates)," Jeffrey said.

Course on world religions educates students about Islam

By Troy Bridgeman

Introducing and informing students about Islam were the goals of two seminars held at Conestoga's Doon campus, Oct. 19 and 22.

The seminars, which were open to all students, took place as part of a world religions course taught by author and instructor Lee Bryant.

Dr. Mohamed Ibrahim Elmasry, a professor at the University of Waterloo and leader of the Kitchener-Waterloo Islamic Association, was the guest speaker Oct. 19.

Elmasry outlined four categories: the meaning of Islam; the articles of faith; the application of faith; and how Muslims believe Islam is a code of life.

The seminar was dominated by questions from the audience regarding the status of women in Islam and the teachings of the Koran which, some in the class believed, are sexist and extreme.

Muslims believe the Koran is the word of God or Allah, as told to Muhammad through the angel Gabriel.

Elmasry said in Islam, which means surrender to the word of God, there is no sexual discrimination. "Women are equal, spiritually and intellectually, to men."

Karen Dobbie, a third-year management studies student and speaker at the Oct. 22 seminar, told Elmasry and the class that what is said and what is practised is dramatically different.

Dobbie worked for four months as a flight attendant for Saudia Airlines in 1988 and said, "I never met an Arab man who didn't try to sleep with me."

"I was considered a whore by their standards because I was blonde with blue eyes."

She said that in Saudi Arabia it is illegal for women to drive, they are not allowed to vote and they are not

allowed in public without their husband or a male blood relative. Dobbie said single women are separated from men and families in buses and restaurants.

Elmasry said mothers are treated with great reverence and are considered "three times" more important than fathers.

He condoned the practice of stoning adulterers to death because, he said, adultery violates a holy oath to Allah.

"Here in this country the government doesn't give a damn."

He said that if a married man falls in love with another woman the honorable thing for the man to do is marry her.

He said that way any children he may father will be considered legitimate.

Dobbie, and other members of the class, argued that this practice is sexist because women are not afforded the same right.

Dobbie said women are stoned to death if they take a lover outside of marriage and have no option to add another husband to their harem.

Elmasry said this is because, traditionally, there is a higher popula-

**"I decide what's fair and what's not."
— Elmasry**

tion of women to men.

The practice of taking more than one wife assures that every woman will be sexually satisfied and given the opportunity to give birth.

Dobbie said there is "a lot of decadence in Saudi Arabia; prostitution, drug abuse and rape. Saudi men refuse to acknowledge these issues."

"The Arabic men I met slept with everything; their friends, their sons, their wives, even sheep. Sex with

anything they can get their hands on."

She said, "Sometimes they would masturbate in front of you on the plane."

According to her observations, Dobbie said, "Women there have no lives outside of family obligations. I never saw a girl over 14 who didn't have a child."

When asked by Elmasry where the higher chances were of being raped, in Canada or Saudi Arabia, Dobbie said Saudi Arabia.

She said on her first flight, "I kneed one guy in the groin and punched him in the mouth because he was trying to molest me."

Elmasry, refusing to answer further questions from students regarding the status of Islamic women, attempted to move on to other teachings of the Koran.

When Dobbie accused him of being unfair, Elmasry said, "I decide what's fair and what's not."

STUDS

Tuesday, November 10

Doon Cafeteria 11:30 to 12:30 P.M.

Find out how our contest dates went, as they tell their story.

Who will be our grand prize winner?



Euchre Tournament

Wednesday, November 18

11:30 a.m. to 12:30 p.m.

Student Lounge

Sign up in partners at the DSA Activities Office



(Advertisement)

COUNSELLOR'S CORNER with Pat Trudeau



Pat Trudeau is a counsellor at Doon Student Services. This is one in a series of articles on student success, issues and problem solving.

A 20-year-old nursing student recently told me that she was worried about a tightness in her chest which inhibited breathing.

This had first occurred during clinical and so she was seen by other medical staff. "It turned out to be just anxiety," she said. She had been feeling that way the whole week.

"Just anxiety" is used to describe many stress symptoms which can develop into chronic illness and distress if left unattended—the occasional headache which becomes a migraine condition, the acid indigestion which becomes an ulcer, the "blues" that persist even when the sun shines.

There is a difference between having a bad day and having a bad life. Many of our students at the College have come to accept constant distress as a normal state of being. It is not.

When the sound of autumn leaves crashing to the ground drives you to distraction, it is time to get help. When that next cup of coffee seems like your only oasis, stop and take a look at your life. When that next assignment looks like a black hole, remember that you were not admitted to the College to suffer.

Over the next few weeks, counsellors will be offering stress management workshops to classes who have requested help.

There is also individual help available from counsellors who can teach you techniques and strategies to get through those tense times, like the night before clinical or the days prior to a test. They can also make referral to community resources if necessary.

Board briefs

The following are some of the highlights of the board of governors meeting held Oct. 26.

A draft of the annual report was tabled by the executive committee, which asked the board for input. It is mandatory for all colleges in Ontario to submit an annual report to the Ministry of Colleges and Universities, which includes a fiscal analysis, strategic plan and an outline of services and programs. The draft report was submitted to the ministry as an "interim measure" until it is finalized and an approval of the report will be sought at the board's next meeting Nov. 30.

A report from the secretary-treasurer stated that five nominations were received for the position of support staff representative on the board of governors, currently held by David Sanders. The five nominees are: Kerry Gennings, life sciences and academic support division; Shari Gross, educational resources; Jane Skipp, school of business; Sylvia Takacs, special needs office; and Leona Watson, registrar's office. All nominees are from Doon campus. The election is scheduled for Nov. 18 and all part- and full-time staff at Conestoga are eligible to vote.

Conestoga president John Tibbits announced that Doon campus nursing assistant graduates did well in provincial examinations written in June. Thirty-five of the 37 who wrote the exam passed, and one student scored 712 — a perfect score.

More alternatives needed for students:Tibbits

By Lori Liphard

There is too much emphasis on keeping some high school students in school, said Conestoga College President John Tibbits at a panel discussion, held at the Kitchener Public Library (KPL) Oct. 28.

Tibbits participated in the panel discussion titled: Can Waterloo Region Compete in the Global Marketplace?

Other speakers on the panel were Dr. Hugh Munro, director of Wilfrid Laurier University's Trade and Development Centre, and Doug Hutton, president of the Kitchener Industrial Coalition.

"We need more alternatives," Tibbits said to an audience of about 20 people.

Tibbits said there is a "great thrust in the community for students to get their Grade 12 certificate, but many students are not interested at that point in their lives.

"Not every 15- or 16-year-old is taking a world view."

Tibbits said it is important for people to be sensitive towards the student.

He also questioned the possibility of providing people with trades and apprenticeship training at a younger age.

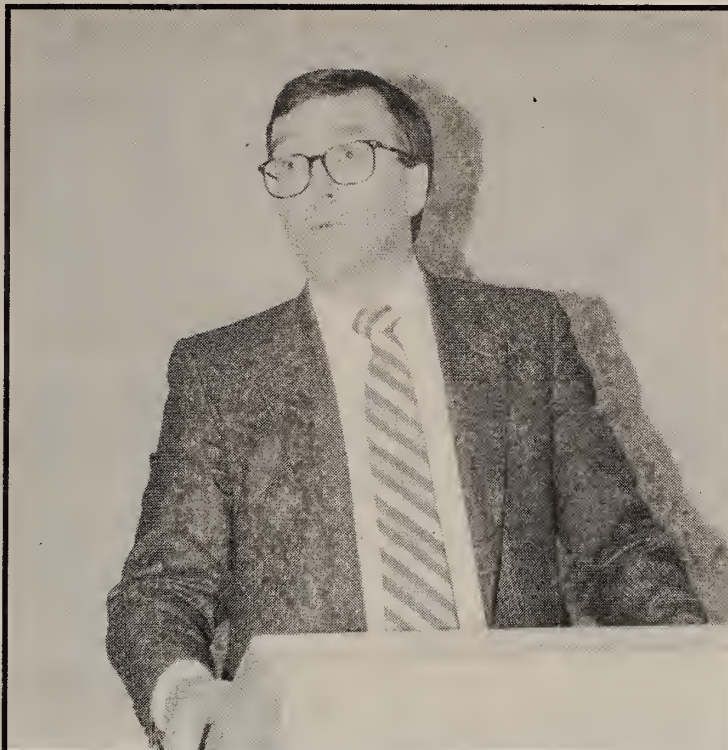
In a later interview, Tibbits said he would like to see more females entering the technology fields, even though there is nothing wrong with females entering the early childhood education or social services area where they have traditionally dominated.

But there are only 30 places in the social services program, with 1,000 applying, he said.

Tibbits said high school students have the misconception that people who work in the technology field do not work with people.

But a person who works at Toyota Motor Manufacturing Canada Inc., works as a member of a team responsible for production of cars, he said.

It is the same in the trades, Tibbits said. People who work with wires and pipes "also have to deal with customers."



Conestoga College president John Tibbits speaks at the Kitchener Public Library on Oct. 28.

(Photo by Lori Liphard)

At the panel discussion, Tibbits said he believes if the Waterloo regional public and separate school boards had their funding levels frozen over a few years, then the quality of education would improve, and schools would learn to do more with less.

"Schools are trying to do too many things that even families can't accomplish," Tibbits said.

Students should be held accountable for themselves, Tibbits said. He said if schools were to "give students a sense of what they have to do, hold them accountable to that and if they can do it, we can move on, and if they can't we should tell them."

Tibbits said it is also important for the student to have a sense of accomplishment and realize that learning is not a "one-shot" process which takes place only in school. "You can keep learning forever."

Tibbits said fewer than 40 per cent of first-year students at Conestoga come from high school, and the col-

competitiveness.

He said the public at large, school boards, the majority of local politicians, unions and a minority of business people "have failed to recognize that we are already facing a competitiveness crisis in this region and the country."

Tibbits said the region can be competitive, but there is a lot to work to be done in numerous areas, both in education and business.

Tibbits said that economists believe that human resource factors are "probably the most important." He said responsibilities most often begin in the family.

Tibbits said the current education system is good "but I don't think we have an excellent educational system." He said some students come out of high school with a diploma but only have a reading level of Grade 10.

Within the next year, students who have been admitted to Conestoga will be assessed on their literacy skills.

In a later interview, Tibbits said the testing is not meant to exclude people, because it will occur after the student has been admitted. He said the assessment will include both oral and written testing.

The idea has been in the works since the end of August, he said.

Tibbits said he believes that "literacy skills are not at a level business would like."

lege also provides part-time courses to more than 30,000 students.

Hutton, president of the Kitchener Industrial Coalition, said the current system has some critical weaknesses which inhibits global



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REMEMBRANCE DAY SERVICES

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Do you think the Doon campus should have a bar?

Penny English
CPA

"Sure I do. It would be a great idea. There would be a greater turn-out instead of in the cafeteria."

Chris Morrell
Electronics
Engineering

"Sure. I'm not an avid drinker but it is nice to have a place to relax in a nice atmosphere. Besides the regular cafeteria or Dooners."

Craig Durnan
Electronics
Technician

"Maybe. It would be better for pub nights and better for school spirit. Students would hang around longer if there was a pub on campus."

Ramon Gomez
Electronics
Engineering

"No. It would make people not be able to concentrate on their studies. It's not a good idea."

Amanda Biro
CPA

"Yes, It would help the students get to know each other and get them together during school hours. Most first-year students don't know each other."

Rosa Ricards
ECE

"Yes. Students should know how to handle alcohol and responsibilities at the same time."

Junior Hamilton
Accounting

"Yes. It's kind of dead sometimes and there is not much around the school to do so it would give students something to do."

Diane Fullerton
Accounting

"Yes. I don't see anything wrong with it. It would bring the students closer together."

Robot built by students
a first for Conestoga

By Troy Bridgeman

Graduating students from the Cambridge industrial training committee (CITC) program at Conestoga's Detweiler Centre, displayed an example of their training Oct. 16.

SMART 20, Student Manufactured Automated Robotic Transport, is the first project of its kind to be built at Conestoga, said Jeff Uniac, the head instructor of the CITC program.

"It is a technical project for the end of the class," said Uniac.

SMART 20, was designed and built by the 20 students in the 36-week program.

The only part purchased was a Cadillac power seat which was adapted to function as the robot's lift. The rest of the parts were "cannibalized" from a variety of sources. The wheels are from a push lawn-mower, the gears are from the rotisserie of a barbecue and the motor was as-

sembled from several small D.C. motors that were "lying around the college."

The cover was made by from papier mâché by CITC student Deb Arnold.

Other contributors include, Stewart Pothier for the electrical design, Tom Burke, programmer of the programmable logic controller, Rick Jowette for most of the machining of parts and Mark Halstead, who supplied some of the mechanical parts.

Also involved were Jane Seymour, Fran O'Neill, Ron Wilson, Gary Long, Kevan Wagner, Bill Cook, Don Spence and CITC instructor Dave Garner.

Uniac said, "the project is a result of a collaboration of all 20 students."

SMART 20 is operated by a control which is hooked "umbilically" to the unit. Uniac said they intend to program the robot to do a variety of jobs.

Scarecrow plays to a small crowd

By Neil Wells

Ghosts, goblins and various mutated wildlife were in attendance for the 1992 Hallowe'en Bash held Oct. 29 at Doon campus.

Only about 60 lost souls braved the chilly night air to take in the event.

The pub featured the John Mellencamp tribute band, Scarecrow.

Even with the small crowd, the band performed with energy and clarity, leaving the audience breathless from dancing.

The highlight of the evening was the judging of the costumes, which took place during the band's intermission.

A draw was held and first prize tickets to Daytona Beach, Florida, went to Mike Kondral, a second-year woodworking student who was dressed as David Lee Roth.

He received two tickets for the bus trip to Daytona.

The tickets are each valued at approximately \$300, and include transportation and accommodations for six nights.



Gino Dubone, lead singer for Scarecrow, belts out a tune at the Hallowe'en pub Oct. 29.

(Photo by Neils Wells)

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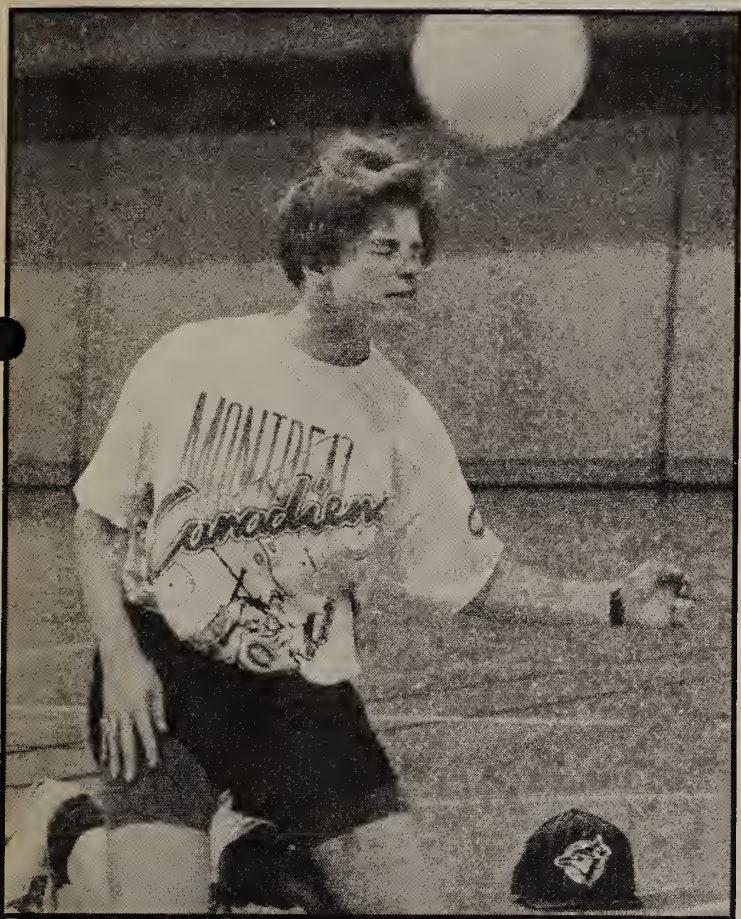
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Caroline "Linus" Murphy heads the ball during a pre-provincial final practice.

(Photo by David Maybury)

History makers

Women's soccer Condors first to repeat as champions

By David Maybury

The Conestoga Condors women's soccer club made history Oct. 31 when they claimed their second consecutive Ontario championship, the first club to do so.

The Condors earned the gold medal when they outlasted Durham College 1-0 in the final game of the Ontario College Athletic Association's women's soccer championships.

"The whole team played superbly," said head coach Geoff Johnstone. "The girls lifted themselves up to a level they had never achieved. Our defence just refused to let the other teams play. We were very dominant, and could have won 4-0."

Led by goalkeeper Robin Butler and tournament MVP Penny English, the Condors won all their games at the championships, held at Loyalist College in Belleville.

The final match was well-played, with a solid defence covering for missed offensive opportunities. Butler earned her second shutout of the tournament, and English netted

the only marker of the match.

Chris Welsand played a strong tournament, controlling the midfield and effectively taking the league's top three scorers out of games.

"She was assigned to shadow the top scorers and shut them down," said Johnstone. "She also scored the winner in the first two games."

Strong performances were also handed in by Caroline Murphy and Jody Girodat, who played as if possessed during the tournament, said Johnstone. They were named to the OCAA All-Star team, along with Butler.

"They did a fantastic job," said assistant coach Vince Alviano. "The defence was strong and the offence was steady. We played our game, with good ball control, good passing. Over all, the girls got a well-deserved championship win."

The Condors earned their trip to the final match by defeating St. Lawrence College, Kingston, 2-0 and Seneca College 2-1. Seneca's lone goal was scored on a penalty kick. Fanshawe College, which edged out Conestoga for the reu-

lar season divisional title, was eliminated by penalty shots in overtime during the semi-final match against Durham College.

The Condors now prepare for the national championships, to be held at Montreal's John Abbott College Nov. 12.

"We hope to do better this year than last year," said Alviano. "Last year we won one game and lost by one goal to B.C. College. We are hoping to finish higher this season."

"The weather might be a factor, being a November in Montreal but we played in snow last year, so we should be okay."

Johnstone is confident about the nationals. "I think we've got a good chance," he said. "I think we should get a medal, but the color depends on circumstances: injuries, weather, officiating."

"If they play anything like (at the provincial finals), the gold is within reach."

Conestoga opens the national tournament against the host John Abbott, a team which is said to have a strong defensive game, similar to the Condors, Johnstone said.

Men's cagers win home opener

By David Maybury

The Conestoga College men's basketball team opened their regular season with a 97-82 win at home over Mohawk College Oct. 29.

"It was a good start," said coach Marty Kings. "We showed sparks of good play, but let them back into the ball game a couple of times. We played badly in spots and won."

The hosts played a solid first 10 minutes and grabbed a 19-point lead, but relaxed and let Mohawk climb back to within 10 at the half.

The Condors repeated their behavior in the second half, widening their lead before allowing the visitors back into the game in the final

five minutes of play.

"We played well for the first 10 minutes of the game, ...then relaxed once the lead was 20 or 21," Kings said. "It was a rookie mistake. Instead of winning by 35 points, we won by 15."

Dave Haines led the team with 29 points off the bench, the game's top scorer. Rookie Kelly Magnusson also played well, netting 14 points while Ismael Lewis scored 11 points. Junior Hamilton also provided a strong effort at guard.

"Dave (Haines) and Jamie (Abthorpe) came off the bench and did an excellent job," Kings said. "The whole team played well."

The Condors, carrying 10 rook-

ies on their roster of 14, started three of the first-year players and rotated freely throughout, getting everyone into the game.

"We could just as easily have started five," said Kings. "Our rookies are excellent this year. I think we'll get better if they want to commit themselves."

"I thought Kelly (Magnusson) did a really good job," said Kings. "He never gives up and played a really strong game for us."

Mains was named Condors' star of the game while Jeff Waite claimed the honor for Mohawk.

The Condors travel to Sheridan College Nov. 13, then host Algonquin Nov. 21.

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More information available at the DSA Activities Office

Sign up at the DSA Activities Office



SPORTS

Condors lose season opener

By K. Stephen Ross

In a hard hitting affair, the Conestoga College men's hockey Condors lost their season opener 6-2 to the Cambrian College Golden Shield in Ontario Colleges Athletic Association action Oct 31.

Both teams came out skating and hitting at the Kenneth E. Hunter Recreation Centre but in the end it was Cambrian who had the better wheels.

Cambrian forward Tim Favot led the Golden Shield with four goals. Other Cambrian goals went to Jason Bradley and Corey King.

David Long continued his scoring ways with both Conestoga goals.

The Condors were first on the board, capitalizing on a Cambrian penalty to put them ahead only four minutes into the game.

With Cambrian dictating the play

late in the period, Conestoga's defence got caught inside the Cambrian blueline, allowing Favot to break in free from centre and score his first of four on the afternoon.

In the second period, Cambrian went up 2-1 on a power-play goal by Favot 10 seconds in.

Conestoga tied the score at the eight minute mark with Long cashing in his second goal.

Cambrian added two more goals to put them ahead after 40 minutes of play.

Favot, a former North Bay Centennial, put the game away with his last two goals early in the third period.

One came on a breakaway from centre and the other shorthanded, getting by the Conestoga defenceman at the blueline and beating the Conestoga goalie high on the glove side.

The hard hitting game turned ugly midway through the third frame when Cambrian forward Paul Lindberg speared Conestoga's Jason Turner after being cross-checked from behind.

Lindberg received a major and a match penalty for spearing, which will force him to sit out his team's next game.

Conestoga outshot Cambrian 42-39 but the Golden Shields were able to create better scoring chances.

Both goalies, Brett Graham for Conestoga and Al Servant for Cambrian, played a solid game between the pipes.

Next Condor game is Nov. 7 at Niagara College, then they are back here for a Remembrance Day contest against Sir Sanford Fleming. Game time Nov. 11 is at 7:30 p.m. at the Recreation Centre.



Conestoga goalie Brett Graham is beaten high on the glove side by Tim Favot.

(Photo by David Maybury)

Sport Shorts

Women's Volleyball

Tryouts have started and the coaches are having a difficult time finding players willing to commit time to the team. They realize that school comes first and games are scheduled around exam times.

The following dates are practice times for the team: Nov. 9 - 9 p.m. to 11 p.m., Nov. 10 - 7:30 p.m. to 9 p.m., Nov. 16 - 9 p.m. to 11 p.m., and Nov. 17 - 7:30 p.m. to 9 p.m.

For more information, call the Recreation Centre at 748-5220, Ext. 386/452.

Woman's Ringette

The ringette team is also looking for players to compete for them.

The following are practice times for those interested:

Nov. 9 - 4:30 p.m. to 5:30 p.m.

Nov. 16 - 4:30 p.m. to 5:30 p.m.

Nov. 23 - 4:30 p.m. to 5:30 p.m.

Nov. 30 - 4:30 p.m. to 5:30 p.m.

For more information, call the Recreation Centre at 748-5220, Ext. 386/452.

Women's Basketball

The women's basketball Condors lost their first two games of the season, 70-47 at Seneca College and 64-22 in their home opener against Mohawk. High scorers at home were Karen O'Connell with six points, Janine Reimer with five and Heidi Zoern adding four.



Where do I go?

Jamie Abthorpe, left, and David Haines surround the Mohawk ball carrier during Condor basketball action. The Condors won their home opener Oct. 29 97-82.

(Photo by David Maybury)

Athletes of the Week

Dave Haines of the men's basketball Condors has been named male athlete of the week. Haines, enrolled in the accounting program, led his team to victory over Mohawk with 29 points.

Chris Welsand of the women's soccer Condors has been named female athlete of the week. Welsand, enrolled in the nursing program, played a controlled centre field game in the gold medal win and shut down the opposing teams' main playmaker.



Chris Welsand

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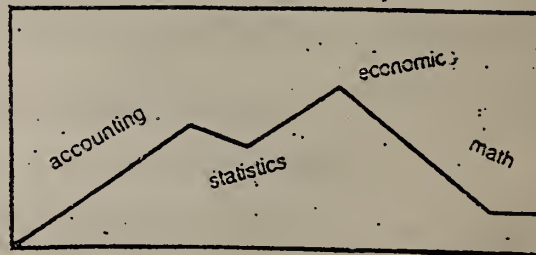
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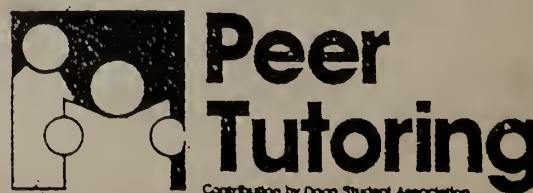
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WOMEN'S SELF-DEFENCE CLASSES

This course is designed for women. The course will teach the participants to employ various forms of martial arts. General self-defence as well as escape, striking and grappling techniques will be presented.

The classes will be held in the fitness gym at the Recreation Centre on Mondays and Wednesday from 4:30-6:00 p.m., beginning November 16 and ending December 9.

Instructor: Nino Najcler, Black Sash - Hung Gar Kung Fu

Cost: Students and members of the Recreation Centre -\$43.00

Non-students and non Recreation Centre Members -\$54.00

Registration deadline: Wednesday, November 11, 1992

Register at the Conestoga College Recreation Centre